

Yellow/Orange - Digestive System Foods

Beta-Carotene, Vitamin A & C, Bioflavonoids, Potassium

Foods

Carrots, Sweet Potatoes,
Pumpkin, Butternut,
Squash, Cantaloupe,
Mangoes, Apricots,
Peaches, Oranges
Grapefruit, Lemons,
Tangerines
Clementines
Papaya, Nectarines
Pears, Pineapple
Yellow Raisins
Yellow Pepper
Bananas

Heals

Personal Power
Clarity
Focus
Abundance
Lateness
Procrastination
Egotistical
Sexuality
Creativity
Emotions
Nurturing
Relationships
Frustration
Control

Benefits

Contains alpha-carotene, which protects against cancer, and beta-carotene, which the body converts to Vitamin A.

